



**Belton Independent School District
School Health Advisory Council
December 18, 2025
Minutes**

The School Health Advisory Council met on Thursday, December 18, 2025, at 12:00 p.m. at the administration building.

Members in Attendance:

Marylisa Fanning
Tiffany Sommerfeld
Cassandra Spearman
Christopher Teager

Mouneigh Pyatt

Guests in Attendance:

Heidi Pike
Sara Courson
Lannette Wyrick
Robert Rucker

Wendy Taylor

-
- The meeting was called to order at 12:00 p.m. by Dr. Cassandra Spearman, Assistant Superintendent of Operations.
 - Dr. Spearman opened the floor for public comments. There were none.
 - The minutes from the November meeting were reviewed. Motion to approve the minutes by Lynette Wyrick. Second by Marylisa Fanning. All approved. The following corrections were noted:
 - Change Heidi's status from guest to member.
 - Dr. Spearman reviewed the wellness plan, provided an overview of the SHAC's role as an advisory committee to the Board.
 - The Board approved the SHAC Committee in October.
 - The plan was simplified last year from approximately 18 pages down to 12 for reliability and to better align with the triennial assessment.
 - Various departments (Health Services, Nutrition, Student Services, Counseling, etc.) are now implementing the agreed-upon strategies and bringing evidence of the work back to the SHAC.
 - Heidi and Chris presented the draft Nutrition Newsletter for December, intended to be embedded in campus newsletters to avoid parent information overload.
 - Highlights: Photos of Grandparents Day and Thanksgiving lunch; an update on new menu items tested by the student menu planning committee (soy glazed chicken and veggie dumplings); and upcoming Valentine's Day applesauce in February.
 - The newsletter includes links to the website and nutritional information.
 - Tiffany introduced Cody Reeder from Wellspring Education to present a vaping awareness resource and curriculum.



**Belton Independent School District
School Health Advisory Council
December 18, 2025
Minutes**

- Development: Created in response to districts requesting help with vaping challenges. Developed in partnership with a research team from Texas A&M University to ensure it is evidence-backed and age-appropriate.
 - Goals: Shift vaping from a discipline issue to a learning/health issue. Focus on accurate information, critical thinking skills, confidence to make decisions, and connecting choices to personal values.
 - Structure: 11 total lessons (modules) across 3 sessions. Designed for easy implementation. Includes a parent resource component (PDF format) to combat misinformation parents may have.
 - Implementation/Pedagogy: Uses a "Define, Model, Practice" learning cycle. Currently used in Temple ISD, Crawford ISD, and districts in Colorado and Oklahoma.
 - Local Context: Belton ISD currently sees 200-250 vaping incidents per year, with increasing repeat offenders and parents buying vapes for students. Current discipline is 10 days ISS for the first offense, 20 days DAEP for the second (mandatory DAEP for THC).
 - Usage Case: Other districts (like Temple) use the curriculum reactively in ISS/DAEP. Temple reported no repeat offenders since implementing the curriculum.
 - Time Commitment: Each module takes 5-10 minutes (up to 15-20 if deeply engaged). Total curriculum time is between 1 to 2 hours.
 - Demo: Cody Reeder provided a screen-share demonstration of the interactive curriculum, including label analysis, "Myth or Fact" activities, and case studies.
 - The presentation concluded with a discussion on the importance of building refusal skills in social pressure situations.
-
- The meeting was adjourned by Dr. Spearman at 1:10 p.m
 - The next meeting is March 12, 2026.

Minutes derived from audio-recording submitted by: Mouneigh Pyatt, Executive Assistant